

### Statistics Report 15034, Fish, haddock, cooked, dry heat

Report Date: June 25, 2017 19:01 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Proximates													
Water	g	79.65	--	--	--	--	--	--	--	--	Calculated or imputed	--	07/2010
Energy	kcal	90	--	--	--	--	--	--	--	--	Calculated or imputed	--	07/2010
Energy	kJ	378	--	--	--	--	--	--	--	--	Calculated or imputed	--	07/2010
Protein	g	19.99	--	--	--	--	--	--	--	--	Calculated or imputed	--	07/2010
Total lipid (fat)	g	0.55	--	--	--	--	--	--	--	--	Calculated or imputed	--	07/2010
Ash	g	1.56	--	--	--	--	--	--	--	--	Calculated or imputed	--	07/2010
Carbohydrate, by difference	g	0.00	--	--	--	--	--	--	--	--	Calculated or imputed	--	07/2010
Fiber, total dietary	g	0.0	--	--	--	--	--	--	--	--	Calculated or imputed	--	07/2010
Sugars, total	g	0.00	--	--	--	--	--	--	--	--	Calculated or imputed	--	07/2010
Minerals													
Calcium, Ca	mg	14	--	--	--	--	--	--	--	--	Calculated or imputed	--	07/2010
Iron, Fe	mg	0.21	--	--	--	--	--	--	--	--	Calculated or imputed	--	07/2010
Magnesium, Mg	mg	26	--	--	--	--	--	--	--	--	Calculated or imputed	--	07/2010
Phosphorus, P	mg	278	--	--	--	--	--	--	--	--	Calculated or imputed	--	07/2010
Potassium, K	mg	351	--	--	--	--	--	--	--	--	Calculated or imputed	--	07/2010
Sodium, Na <sup>a</sup>	mg	261	--	--	--	--	--	--	--	--	Calculated or imputed	--	07/2010

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Zinc, Zn	mg	0.40	--	--	--	--	--	--	--	--	Calculated or imputed	--	07/2010
Copper, Cu	mg	0.026	--	--	--	--	--	--	--	--	Calculated or imputed	--	07/2010
Manganese, Mn	mg	0.013	--	--	--	--	--	--	--	--	Calculated or imputed	--	07/2010
Selenium, Se	µg	31.7	--	--	--	--	--	--	--	--	Calculated or imputed	--	07/2010
Vitamins													
Vitamin C, total ascorbic acid	mg	0.0	--	--	--	--	--	--	--	--	Calculated or imputed	--	07/2010
Thiamin	mg	0.023	--	--	--	--	--	--	--	--	Calculated or imputed	--	07/2010
Riboflavin	mg	0.069	--	--	--	--	--	--	--	--	Calculated or imputed	--	07/2010
Niacin	mg	4.119	--	--	--	--	--	--	--	--	Calculated or imputed	--	07/2010
Pantothenic acid	mg	0.494	--	--	--	--	--	--	--	--	Calculated or imputed	--	07/2010
Vitamin B-6	mg	0.327	--	--	--	--	--	--	--	--	Calculated or imputed	--	07/2010
Folate, total	µg	13	--	--	--	--	--	--	--	--	Calculated or imputed	--	07/2010
Folic acid	µg	0	--	--	--	--	--	--	--	--	Calculated or imputed	--	07/2010
Folate, food	µg	13	--	--	--	--	--	--	--	--	Calculated or imputed	--	07/2010
Folate, DFE	µg	13	--	--	--	--	--	--	--	--	Calculated or imputed	--	07/2010
Choline, total	mg	79.6	--	--	--	--	--	--	--	--	Calculated or imputed	--	07/2010
Vitamin B-12	µg	2.13	--	--	--	--	--	--	--	--	Calculated or imputed	--	07/2010
Vitamin B-12, added	µg	0.00	--	--	--	--	--	--	--	--	Calculated or imputed	--	07/2010
Vitamin A, RAE	µg	21	--	--	--	--	--	--	--	--	Calculated or imputed	--	07/2010
Retinol	µg	21	--	--	--	--	--	--	--	--	Calculated or imputed	--	07/2010

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Carotene, beta	µg	0	--	--	--	--	--	--	--	--	Calculated or imputed	--	07/2010
Carotene, alpha	µg	0	--	--	--	--	--	--	--	--	Calculated or imputed	--	07/2010
Cryptoxanthin, beta	µg	0	--	--	--	--	--	--	--	--	Calculated or imputed	--	07/2010
Vitamin A, IU	IU	62	--	--	--	--	--	--	--	--	Calculated or imputed	--	07/2010
Lycopene	µg	0	--	--	--	--	--	--	--	--	Calculated or imputed	--	07/2010
Lutein + zeaxanthin	µg	0	--	--	--	--	--	--	--	--	Calculated or imputed	--	07/2010
Vitamin E (alpha-tocopherol)	mg	0.55	--	--	--	--	--	--	--	--	Calculated or imputed	--	07/2010
Vitamin E, added	mg	0.00	--	--	--	--	--	--	--	--	Calculated or imputed	--	07/2010
Tocopherol, beta	mg	0.00	--	--	--	--	--	--	--	--	Calculated or imputed	--	07/2010
Tocopherol, gamma	mg	0.00	--	--	--	--	--	--	--	--	Calculated or imputed	--	07/2010
Tocopherol, delta	mg	0.00	--	--	--	--	--	--	--	--	Calculated or imputed	--	07/2010
Vitamin D (D2 + D3)	µg	0.6	--	--	--	--	--	--	--	--	Calculated or imputed	--	07/2010
Vitamin D3 (cholecalciferol)	µg	0.6	--	--	--	--	--	--	--	--	Calculated or imputed	--	07/2010
Vitamin D	IU	23	--	--	--	--	--	--	--	--	Calculated or imputed	--	07/2010
Vitamin K (phylloquinone)	µg	0.1	--	--	--	--	--	--	--	--	Calculated or imputed	--	07/2010
Lipids													
Fatty acids, total saturated	g	0.111	--	--	--	--	--	--	--	--	Calculated or imputed	--	07/2010
4:0	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	07/2010
6:0	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	07/2010
8:0	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	07/2010

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
10:0	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	07/2010
12:0	g	0.002	--	--	--	--	--	--	--	--	Calculated or imputed	--	07/2010
14:0	g	0.005	--	--	--	--	--	--	--	--	Calculated or imputed	--	07/2010
15:0	g	0.001	--	--	--	--	--	--	--	--	Calculated or imputed	--	07/2010
16:0	g	0.077	--	--	--	--	--	--	--	--	Calculated or imputed	--	07/2010
17:0	g	0.001	--	--	--	--	--	--	--	--	Calculated or imputed	--	07/2010
18:0	g	0.025	--	--	--	--	--	--	--	--	Calculated or imputed	--	07/2010
20:0	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	07/2010
22:0	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	07/2010
24:0	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	07/2010
Fatty acids, total monounsaturated	g	0.074	--	--	--	--	--	--	--	--	Calculated or imputed	--	07/2010
14:1	g	0.001	--	--	--	--	--	--	--	--	Calculated or imputed	--	07/2010
15:1	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	07/2010
16:1 undifferentiated	g	0.005	--	--	--	--	--	--	--	--	Calculated or imputed	--	07/2010
17:1	g	0.008	--	--	--	--	--	--	--	--	Calculated or imputed	--	07/2010
18:1 undifferentiated	g	0.048	--	--	--	--	--	--	--	--	Calculated or imputed	--	07/2010
20:1	g	0.006	--	--	--	--	--	--	--	--	Calculated or imputed	--	07/2010
22:1 undifferentiated	g	0.002	--	--	--	--	--	--	--	--	Calculated or imputed	--	07/2010
24:1 c	g	0.005	--	--	--	--	--	--	--	--	Calculated or imputed	--	07/2010

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Fatty acids, total polyunsaturated	g	0.204	--	--	--	--	--	--	--	--	Calculated or imputed	--	07/2010
18:2 undifferentiated	g	0.019	--	--	--	--	--	--	--	--	Calculated or imputed	--	07/2010
18:3 undifferentiated	g	0.002	--	--	--	--	--	--	--	--	Calculated or imputed	--	07/2010
18:4	g	0.002	--	--	--	--	--	--	--	--	Calculated or imputed	--	07/2010
20:2 n-6 c,c	g	0.001	--	--	--	--	--	--	--	--	Calculated or imputed	--	07/2010
20:3 undifferentiated	g	0.002	--	--	--	--	--	--	--	--	Calculated or imputed	--	07/2010
20:4 undifferentiated	g	0.011	--	--	--	--	--	--	--	--	Calculated or imputed	--	07/2010
20:5 n-3 (EPA)	g	0.051	--	--	--	--	--	--	--	--	Calculated or imputed	--	07/2010
22:4	g	0.001	--	--	--	--	--	--	--	--	Calculated or imputed	--	07/2010
22:5 n-3 (DPA)	g	0.006	--	--	--	--	--	--	--	--	Calculated or imputed	--	07/2010
22:6 n-3 (DHA)	g	0.109	--	--	--	--	--	--	--	--	Calculated or imputed	--	07/2010
Fatty acids, total trans	g	0.005	--	--	--	--	--	--	--	--	Calculated or imputed	--	07/2010
Cholesterol	mg	66	--	--	--	--	--	--	--	--	Calculated or imputed	--	07/2010
Amino Acids													
Tryptophan	g	0.260	--	--	--	--	--	--	--	--	Calculated or imputed	--	07/2010
Threonine	g	1.015	--	--	--	--	--	--	--	--	Calculated or imputed	--	07/2010
Isoleucine	g	1.067	--	--	--	--	--	--	--	--	Calculated or imputed	--	07/2010
Leucine	g	1.882	--	--	--	--	--	--	--	--	Calculated or imputed	--	07/2010
Lysine	g	2.126	--	--	--	--	--	--	--	--	Calculated or imputed	--	07/2010
Methionine	g	0.686	--	--	--	--	--	--	--	--	Calculated or imputed	--	07/2010

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Cystine	g	0.249	--	--	--	--	--	--	--	--	Calculated or imputed	--	07/2010
Phenylalanine	g	0.904	--	--	--	--	--	--	--	--	Calculated or imputed	--	07/2010
Tyrosine	g	0.781	--	--	--	--	--	--	--	--	Calculated or imputed	--	07/2010
Valine	g	1.193	--	--	--	--	--	--	--	--	Calculated or imputed	--	07/2010
Arginine	g	1.385	--	--	--	--	--	--	--	--	Calculated or imputed	--	07/2010
Histidine	g	0.682	--	--	--	--	--	--	--	--	Calculated or imputed	--	07/2010
Alanine	g	1.400	--	--	--	--	--	--	--	--	Calculated or imputed	--	07/2010
Aspartic acid	g	2.371	--	--	--	--	--	--	--	--	Calculated or imputed	--	07/2010
Glutamic acid	g	3.456	--	--	--	--	--	--	--	--	Calculated or imputed	--	07/2010
Glycine	g	1.112	--	--	--	--	--	--	--	--	Calculated or imputed	--	07/2010
Proline	g	0.819	--	--	--	--	--	--	--	--	Calculated or imputed	--	07/2010
Serine	g	0.944	--	--	--	--	--	--	--	--	Calculated or imputed	--	07/2010
Other													
Alcohol, ethyl	g	0.0	--	--	--	--	--	--	--	--	Calculated or imputed	--	07/2010
Caffeine	mg	0	--	--	--	--	--	--	--	--	Calculated or imputed	--	07/2010
Theobromine	mg	0	--	--	--	--	--	--	--	--	Calculated or imputed	--	07/2010

**Footnotes**  
<sup>a</sup> Samples were obtained from 12 retail stores using a probability-based sampling plan. Some fish had been treated during processing to retain moisture on thawing. Untreated fish = 87 mg sodium/100g.